



The 7<sup>th</sup> World Congress on  
**Controversies to Consensus in Diabetes,  
Obesity and Hypertension (CODHy)**  
Sorrento, Italy April 11-13, 2019  
[www.codhy.com](http://www.codhy.com)      [codhy@codhy.com](mailto:codhy@codhy.com)

## **CARDIOVASCULAR RISK REDUCTION: THE GAPS IN PRIMARY CARE**

**B. Sosale<sup>1,2</sup>, S. Aravind<sup>1,2</sup>, A. Sosale<sup>1</sup>**

<sup>1</sup>*Diabetology, Diacon Hospital, India*

<sup>2</sup>*Medical Education, Primer Academy of Medical Sciences, India*

**Background:** Individuals with diabetes are often uncontrolled and at a high risk of developing cardiovascular (CV) events. The aim of this study was to evaluate if patients with diabetes referred to a specialist center had received adequate treatment for CV risk reduction. **Methods:** A retrospective analysis of records of 500 patients with diabetes referred to Diacon Hospital, Bangalore, India between June and September 2018 was performed. **Results:** Most had type 2 diabetes (98.6%), 1.2% had type 1 diabetes, 0.2% had secondary diabetes. Mean age, duration of diabetes and HbA1c was 52±12 years, 6.6±6 years and 9.5±2 %. Only 16% had a Hba1c < 7%. Men comprised of 63.4% of the study population. The mean BMI was 26.6±4 kg/m<sup>2</sup>, 40% were overweight (BMI >23kg/m<sup>2</sup>) and 40% were obese (BMI >25kg/m<sup>2</sup>). Hypertension (BP >140/90 mmHg) and dyslipidemia (LDL >100 mg/dl) was seen in 51.4% and 67.2%. Ischemic heart disease, stroke and peripheral vascular disease was present in 6.4%, 2.2% and 2.8%. Smokers comprised of 12% of the study population. Only 16% were on an adequate dose of statin based on their CV risk. Half the patients with hypertension were adequately controlled; 51.5% were on a RAS blocker. Only 71% of patients with a CV event were on an antiplatelet for secondary prevention. **Conclusion:** Patients with diabetes receive suboptimal care for primary and secondary CV risk reduction. The results emphasize the need for greater awareness amongst primary care physicians.



[www.comtecint.com](http://www.comtecint.com)

### **Headquarters and Administration:**

1 Rothschild Boulevard  
PO Box 68  
Tel Aviv 61000, Israel  
Tel: +972-3-5666166  
Fax: +972-3-5666177  
Email: [info@comtecmed.com](mailto:info@comtecmed.com)

### **Comtec Spain:**

Bailén, 95-97  
prat. I. a - 08009  
Barcelona, Spain  
Tel: +34-93-2081145  
Fax: +34-93-4579291  
Email: [spain@comtecmed.com](mailto:spain@comtecmed.com)

### **Comtec China:**

Suite 504, Universal Center Building  
175 Xiang Yang Road South  
Shanghai 200031, China  
Tel: +86-21-54660460  
Fax: +86-21-54660450  
Email: [china@comtecmed.com](mailto:china@comtecmed.com)